

Winter MOVE! Schedule for Weight Management Group Visits 2009 Vancouver

Call (503) 220-3482, choose options 2 for Vancouver, and leave a message with your name, last 4 of SSN and telephone number, if you have any MOVE! Program related questions.

<http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Location	Time
<u>January 2009</u> 1/9	What is in your food?	Nutrition	Building 15, Room 230	Friday: 1pm to 3pm
1/16	Gettong and Staying Motivated	Behavior	Building 15, Room 230	Friday: 1pm to 3pm
1/23	Introduction to Physical Activity and Exercise	Physical Activity	Building 15, Room 230	Friday: 1pm to 3pm
<u>February 2009</u> 2/6	Trim the Fat	Nutrition	Building 15, Room 230	Friday: 1pm to 3pm
2/13	Self-Control Impulse Control	Behavior	Building 15, Room 230	Friday: 1pm to 3pm
2/20	Basic Principles of Stretching and Stregnthening Exercise	Physical Activity	Building 15, Room 230	Friday: 1pm to 3pm
<u>March 2009</u> 3/6	Sweets and Snacks	Nutrition	Building 15, Room 230	Friday: 1pm to 3pm
3/13	Handling and Reducing Stress	Behavior	Building 15, Room 230	Friday: 1pm to 3pm
3/20	MOVE! Wild Card	Top Secret?	Building 15, Room 230	Friday: 1pm to 3pm